

SPORTS & MARTIAL ARTS

TAEKWON-DO- Improve your fitness level and self-confidence and learn self-defense tactics while receiving instruction in classical TaeKwon-Do under the requirements of US and International TaeKwon-Do Federations. This Korean form of karate for ages 8 and up (unless accompanied by an adult participating in the class) involves the skilled application of punches, kicks, blocks and dodges with bare hands and feet. Beginners meet twice a week on Tuesdays and Thursdays. **Sign up parent and child and receive 15% discount on both registrations.**

FENCING (FOIL)- An introduction to the Olympic sport of Fencing. Students ages 9 through adults will learn basic foot work and use of the Foil. Students with prior experience will brush up on their basic skills and work on more advanced moves. **For those students that don't have their own equipment, there is an extra \$15.00 fee.**

CLASS	DAYS	TIMES	DATES	FEE NO PASS	FEE WITH REC PASS	COURSE #
TaeKwon-Do, Beginning	T/TH	5:30-7:00 pm	6/5-8/16	\$64	\$52	16629
TaeKwon-Do, Advanced	T/TH/F	5:30-7:00 pm	6/5-8/17	\$89	\$77	16630
Fencing	MON	6:30-8:00 pm	6/11-8/13	\$78	\$66	16631

GYMNASTICS



Students must wear loose fitting shorts, sweatpants or leotards. No jeans or tights, please. NO CLASS JULY 4TH.

GYM JAM- Music, movement, tumbling and games create an enriching parent/child environment focusing on social interaction, repetition, and play. Children 2-3 will improve motor skills and build a foundation for a healthy lifestyle while spending quality time with parent or grandparent.

TINY TOT TUMBLING- 4-5 year olds will have fun learning to tumble and be introduced to the gymnastics equipment to improve coordination and flexibility.

CLASS	DAYS	TIMES	FEE NO PASS	FEE W/ REC PASS	DATES	COURSE#
Gym Jam	WED	4:30-5:10 pm	\$48	\$36	6/6-7/18	16632
Tiny Tot Tumbling	WED	5:15-5:55 pm	\$66	\$54	6/6-8/15	16633
Beginning Youth Gymnastics	WED	6:00-6:55 pm	\$83	\$71	6/6-8/15	16634
Intermediate Youth Gymnastics	WED	7:00-8:00 pm	\$83	\$71	6/6-8/15	16635

BEGINNING YOUTH GYMNASTICS - Students ages 6 and up will learn balance, flexibility, coordination, and body awareness while working on tumbling, balance beam, vault and uneven bars.

INTERMEDIATE YOUTH GYMNASTICS - This class is for children ages 6 and up who have taken beginning and have the permission of instructors. Must be able to correctly do front rolls, back rolls, and cartwheels.



GIRLS VOLLEYBALL CLINIC

Wednesdays, 6:00-7:00 pm

6/13-7/25 (NO CLASS JULY 4TH)

\$36 Non-Members / \$24 CRC Members

Be ready for the volleyball season this fall. Girls ages 10 to 12 will learn or improve basic volleyball skills including passing, setting, serving, and hitting.

Will be held in the Rec Center gym. #16646

SQUIRT SOCCER SKILLS

Tuesdays, 6:00-7:00 pm 6/12-7/17

\$36 Non-Members / \$24 CRC Members

#16652



Get a head start with this fun soccer camp that will teach soccer basics and rules. Boys and girls ages 5-7 will get lots of exercise with soccer drills and scrimmages. Camp will meet in Highland Park at lower shelter. Shin guards are required. Wear good athletic shoes and bring water.

GIRLS BASKETBALL CLINIC

Thursdays, 6:00-7:00 pm

6/14-7/19

\$36 Non-Members / \$24 CRC Members

Girls ages 10 to 12 will learn or improve on basic basketball skills including dribbling, passing, shooting, and defense. Hoop it up and make new friends at this fun clinic! Will be held in the Rec

Center gym. #16661



STICKS FOR KIDS

YOUTH GOLF PROGRAM

Thursdays, 6:00-7:00 pm, 6/14-7/26

\$63 Non-Members / \$51 CRC Members



This program is made possible by a grant from the National Recreation & Park Association and the Golf Course Builders Association of America. Participants, ages 7-14, will expand their knowledge of the basic fundamentals of the game of golf, and garner sustainable life skills including honesty, integrity, sportsmanship, and awareness and hands-on knowledge about environmental stewardship. Classes will meet at the Recreation Center the first class and receive a schedule for rotation through the driving range, putting green, and chipping green of the Casper Municipal Golf Course. #16660



OLYMPIC DAY

Friday, June 22

Casper Recreation Center